

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Morning					
5:30am Sunrise Cycle Studio B Henry	◇5:30am TRX Preregistered Studio B Matthew	5:30am Sunrise Cycle Studio B Henry	◇5:30am TRX Preregistered Studio B Matthew	5:30am Sunrise Cycle Studio B Henry	9:15am Tabata & Abs Studio A Esther or Nicole
5:30am Indoor Boot Camp Studio A Matthew		5:30am Indoor Boot Camp Studio A Matthew		9:15am Step & Sculpt Studio B Theresa	10:15am Copper Sky Cycle Studio B Esther or Nicole
9:15am R.I.P.P.E.D. Studio A Theresa	9:15am Indoor Boot Camp Studio A Rachel	9:15am R.I.P.P.E.D. Studio A Theresa	9:15am Indoor Boot Camp Studio A Rachel	9:15am Cardio Kickboxing Studio A Rachel	11:00am Aqua Fit Pool Aquatics Staff
9:15am Aqua Fit Pool Aquatics Staff		9:15am Aqua Fit Pool Aquatics Staff		9:15am Aqua Fit Pool Aquatics Staff	11:15am Cardio Kickboxing Studio A Esther or Nicole
10:30am Silver Sneakers Circuit Studio A Michelle	10:30am Silver Sneakers Classic Studio A Michelle	10:30am Silver Sneakers Cardio Fit Studio A Michelle	10:30am Silver Sneakers Classic Studio A Michelle	10:30am Silver Sneakers Circuit Studio B Michelle	
Afternoon					
	12:00pm Aqua Fit Pool Michelle		12:00pm Aqua Fit Pool Michelle		
12:15-12:45pm Express Cycle Studio B Michelle	12:15-12:45pm Power-Lunch Conditioning Studio B Matthew	12:15-12:45pm Express Cycle Studio B Michelle	12:15-12:45pm Power-Lunch Conditioning Studio B Matthew		
Evening					
6:00pm Cardio Kickboxing Studio A Nicole	6:00pm Sunset Cycle Studio B Esther	6:00pm Sunset Cycle Studio B Nicole	6:00pm Sunset Cycle Studio B Nicole		
	6:00pm Strictly Strength Studio A Natasha	6:00pm Step & Sculpt Studio A Theresa	6:00pm Strictly Strength Studio A Natasha		
	7:00pm Tabata & Abs Studio A Esther		7:00pm Tabata & Abs Studio A Esther		

Classes are approximately 50-55 minutes unless stated

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Morning					
	5:30am Sunrise Yoga Studio A Stephanie		5:30am Sunrise Yoga Studio A Stephanie		9:15am Yoga (LIVE) Relaxation & YogaforVets Studio B Vickie
9:15am Yoga Vinyasa Flow Studio B Stephanie	9:15am ZUMBA® Studio B Nancy	9:15am Yoga Power Hour Studio B David	9:15am ZUMBA® Studio B Nancy		10:15am ZUMBA® Studio A Nancy
11:30-12:15pm Silver Sneakers Yoga Studio A Michelle	10:15am Yoga Vinyasa Flow Studio B Rachel	11:30-12:15pm Silver Sneakers Yoga Studio A Michelle	10:15am Yoga Vinyasa Flow Studio B Rachel	10:15am Pilates-Mat Studio A Crystal	
Afternoon					
12:15-12:45pm Yoga for Busy People Studio A David		12:15-12:45pm Yoga for Busy People Studio A David			
Evening					
6:00pm Pilates-Mat Studio B Crystal					
7:00pm ZUMBA® Studio A Josie	7:00pm ZUMBA TONING® Studio B Josie	7:00pm ZUMBA® Studio A Josie	7:00pm ZUMBA TONING® Studio B Josie		
7:00pm Yoga Evening Relaxation Studio B Vickie	***8:00pm*** ZUMBA TONING® See Below	7:00pm Yoga Evening Relaxation Studio B Vickie	8:00pm ZUMBA TONING® Studio A Clarissa		

*******TUESDAY Zumba Toning at 8pm starts October 21st! *******

Class Descriptions



Conditioning

Aqua Fit This shallow water workout includes calisthenics style movements with variations of upper and lower body moves. As the participant, you manipulate the water to create your preferred level of intensity.

Cardio Kickboxing Learn kickboxing skills choreographed to energizing music. Using no equipment, this kickboxing workout incorporates a number of upper body punches and lower body kicks.

Cycle - Express/Copper Sky/Sunrise/Sunset The perfect blend of mind and body, the music and atmosphere will be unlike any class you have taken! You will sweat, burn calories and have a blast doing it!

Indoor Boot Camp These high-powered, high energy classes offer it ALL, aerobic endurance, drills and skills, muscle toning and shaping, plus self-empowerment. Get Ready to Sweat!

Power Lunch Conditioning This fast 30minute workout is designed to give you the safest and most effective workout possible while still meeting those strict lunch hour time frame demands. Get ready to be revitalized for the next half of your day!

R.I.P.P.E.D. – The One Stop Body Shock™ is a "Plateau Proof Fitness Formula" that helps you to create continuity, consistency and challenge in each and every R.I.P.P.E.D. class. It is Plateau Proof, because each component of the workout provides a uniquely different emphasis or system response, so your body never gets accustomed to the constantly changing format. Thus, regular R.I.P.P.E.D. participants achieve undeniable, ultimate results in minimal time, boasting 750-1000 calories burned in just 50 minutes.

SilverSneakers (CardioFit) Get up and go with an aerobics class that's safe, heart-healthy and gentle on the joints. The workout includes easy-to-follow low-impact movement and upper-body strength, abdominal conditioning, stretching and relaxation exercises designed to energize your active lifestyle.

Silver Sneakers (Circuit) Combine fun with fitness to increase your cardiovascular and muscular endurance power with a standing circuit workout. Upper-body strength work with hand-held weights, elastic tubing with handles, and a SilverSneakers ball is alternated with low-impact aerobic choreography. A chair is used for standing support, stretching and relaxation exercises.

Silver Sneakers (Classic) Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of movement and activities for daily living. Hand-held weights, elastic tubing with handles and a SilverSneakers ball are offered for resistance. A chair is available if needed for seated or standing support.

Step & Sculpt A mix of basic step, aerobics, and strength conditioning exercises. This is the perfect combination for beginners to intermediate.

Strictly Strength This non-aerobic class brings weight training and body sculpting to the studio in a group format.

Tabata & Abs This class is a blend of Tabata Interval Training, a popular form of High Intensity Interval Training, aka. HIIT, topped off with ab-blasting exercises that will get the heart pumping and the calories burning!

♦TRX Training: Born in the Navy SEALs, TRX Suspension Training bodyweight exercises develop strength, balance, flexibility and core stability simultaneously. **PREREGISTERED CLASS – ADDITIONAL FEE & LIMITED AVAILABILITY!**

Mind and Body

Pilates–Mat is a system of controlled exercises that engage the mind and condition the total body. The blend of strength and flexibility training improves posture, reduces stress and creates long, lean muscles without bulking up. Pilates takes a balanced approach so that no muscle group is overworked and the body moves as an efficient, holistic system in sport and daily activity. This class will be performed mostly on an exercise mat.

SilverSneakers (Yoga) SilverSneakers Yoga will move your whole body through a complete series of seated and standing yoga poses. Chair support is offered to safely perform a variety of seated and standing postures designed to increase flexibility, balance and range of movement. Restorative breathing exercises and final relaxation will promote stress reduction and mental clarity.

Sunrise Yoga (Outdoor Optional) This class is focused on getting your mind and body ready for that long day ahead. Designed to invigorate and awaken. The Yoga instructor has the option to make this class outdoors if weather permits.

Yoga for Busy People This 30 minute express Yoga class is designed to energize the body, connect with the breath, and reduce stress. An invigorating break in the day! All fitness and experience levels welcome!

Yoga for Vets This class is shared with Yoga Relaxation. All Maricopa Veterans are free to attend this class!

Yoga Power Hour Vigorous fitness-based yoga class with more challenging asanas (poses) sequenced to focus on strength and flexibility. All fitness and experience levels welcome and encouraged!

Yoga Vinyasa Flow This form of yoga is a "breath-synchronized with movement" class using traditional asanas (poses) to increase stamina, build strength, and improve flexibility. All fitness and experience levels from first timers to advanced yogis are welcome!

Yoga (LIVE) Relaxation Leave your stress and worries on the yoga mat and relax your mind and muscles with this calming yoga class. (LIVE) If available Live music will be playing for this class.

ZUMBA® A Latin-inspired, dance-fitness class that incorporates Latin dance movements. This class format combines fast and slow rhythms that tone and sculpt the body.

ZUMBA TONING® Combines targeted body-sculpting exercises and high-energy Latin-infused Zumba moves to create a calorie-torching, strength-training class.